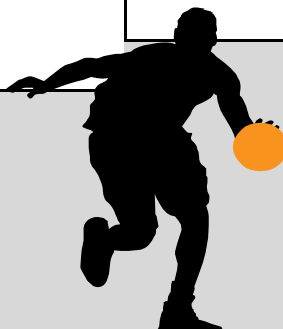


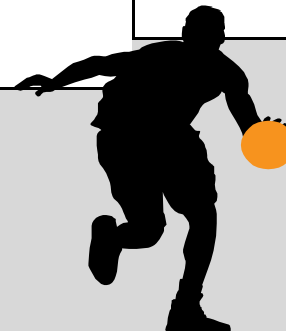


NBRC Gym Schedule

September 28 - October 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30	Open Gym 6:00-7:45	Open Gym 6:00-7:30		Gymnastics Meet 10/18 All Day
6:30am						Open Gym 6:30-8:30	
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-In MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Open Gym 6:30-8:30	Open Gym 7:30-8:30
8:00am							
8:30am	Pickleball 8:30-10:30	Open Gym 8:45-1:00	Pickleball 8:30-10:30	Open Gym 8:45-1:00	Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30
9:00am						Open Gym 9:30-1:00	
9:30am							
10:00am							
10:30am	Drop-in Fit For Life 10:30-11:30						
11:00am		Drop-in Adult Basketball 11:30-1:30					
11:30am			Drop-in Senior Basketball 1:00-2:30				
12:00pm				Open Gym 1:30-2:30			
12:30pm	Drop-In All Ages Basketball 1:00-5:00						
1:00pm		Drop-In All Ages Basketball 12:30-3:00					
1:30pm			Drop In HIIT 5:30- 6:15 Starts 10/5				
2:00pm				Barbell Circuit 5:30 Starts 10/6			
2:30pm	Drop In HIIT 5:30- 6:15 Starts 10/7						
3:00pm		Barbell Circuit 5:30 Starts 10/8					
3:30pm			Open Gym 5:00-7:30				
4:00pm				Open Gym 5:00-7:00			
4:30pm	Open Gym 6:15-9:30						
5:00pm		Open Gym 7:00-9:30					
5:30pm			Men's Drop- In Basketball 7:00-9:00				
6:00pm							
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							





GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)